



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE - MARCH 2018

LA PORTE COUNTY FAMILY YMCA - LA PORTE BRANCH

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5:30 am-6:30 am Cycling (RL) Jessica	5:30 am-6:30 am Extreme Cut (U) Jessica	5:30 am-6:30 am Cycling (RL) Jessica	5:30 am-6:30 am Extreme Cut/Circuit (U) Jessica	5:30 am-6:30 am Cycling (RL) Jessica	7:00 am-8:00 am Strong by Zumba® (U) Jamie	2:00 pm - 3:00 pm Zumba® (U) Gail
9:00 am-10:00 am Special Enrollment (U)	5:30 am-6:30 am Zumba® (L) Jamie	9:00 am-9:45 am Silver Splash (P) Bill	7:30 am-8:30 am Barre (U) Erika	5:30 am-6:30 am Zumba (L) Jamie	7:15 am - 8:15 am Spinning (RL) Susy	
9:15 am-10:15 am Senior Yoga (L) Bill	9:00 am-10:00 am Zumba® (U) Jody	9:00 am-10:00 am Special Enrollment (U)	9:00 am-10:00 am Yoga (L) Naoko	9:00 am-10:00 am Zumba® (L) Jody	7:45 am-8:45 am Aqua Boot Camp (P) Mary Jane	
10:45 am-11:30 am Silver Splash (P) Bill	9:00 am-10:00 am Rip-N-Ride (RL) Erika	9:45 am-10:45 am Senior Stretch (P) Mary Jane	10:30 am-11:30 am Silver Sneakers (U) Bill	9:00 am-9:45 am Silver Splash (P) Bill	9:00 am-10:00 am Boot Camp (MP) Jami	
12:45 pm-1:45 pm Special Enrollment (L)	10:30 am-11:30 am Silver Sneakers (U) Bill	12:45 pm-1:45 pm Special Enrollment (L)	12:30 pm-2:00 pm Special Enrollment (U)	9:00 am-10:00 am Special Enrollment (U)	9:00 am-10:00 am Zumba® (L) Caitlin	
4:30 pm-5:30 pm Step and Tone (U) Sara	12:30 pm-2:00 pm Special Enrollment (U)	4:30 pm-5:30 pm Zumba® (U) Tom/Jody	4:30 pm-5:30 pm Drum Fitness (U) Samantha	9:50 am-10:50 am Deep Water Aqua Tabata (P) Cynthia		
4:30 pm-5:30 pm Strong by Zumba® (L) Jamie	4:45 pm-5:30 pm Butt and Gut (U) Tara	5:30pm-6:30 pm Body Strength (U) Kate	5:30 pm-6:30pm Strong by Zumba® (U) Jamie	10:15 am-11:15 am Senior Yoga (U) Bill		
5:30 pm-6:30 pm Barre (U) Jody (Starts March 12)	**5:30 pm-6:30 pm Zumba® (U) Caitlin	6:00 pm-7:00 pm Yin Yoga (L) Naoko	5:30 pm-6:30 pm Zumba® (L) Caitlin	12:30 pm-2:00 pm Special Enrollment (P)		
6:00 pm-7:00 pm Yin Yoga (L) Naoko	5:25 pm-6:25 pm Aqua Boot Camp (P) Mary Jane		5:25 pm-6:25 pm Aqua Boot Camp (P) Mary Jane	4:00 pm-5:00 pm Barre (U) Susy		
	6:30 pm-7:30 pm Zumba® Step (U) Gail		6:30pm-7:30pm Aqua Burn (P) Mary			
	6:30 pm-7:30 pm Aqua Burn (P) Mary					

(L) Lower Aerobic Room
(MP) Multi-purpose Room
(P) Pool
(RL) Racquetball Lobby
(U) Upper Aerobic Room

****all ages welcome
(children under
10yrs of age must be
accompanied by
adult)**



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Aqua Burn (60 minutes) Warning: This class will make you sweat! This program is a deep-water exercise combined with the weight and noodle exercises.

Aqua Boot Camp (60 minutes) This is an advanced workout combining weights and noodles to incorporate water resistance cardio exercises.

Barre (60 minutes) This class combines attributes of Pilates, dance, and functional fitness training. It incorporates small isolated movement to fatigue the muscles, large range motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count. This results in a total body workout that leaves you mentally strong and feeling accomplished.

Body Strength (60 minutes) This class uses body weight along with creativity to target overall strength, balance, flexibility and core conditioning.

Boot Camp (60 minutes) This is a intense workout, so be ready to be pushed to new limits! Instructors use a variety of fast-paced conditioning exercises to help you reach your fitness goal.

Butt and Gut (45 minutes) A butt-kicking, gut-wrenching class aimed at improving your lower body and core. You will be lead through a total core and lower body workout using various exercises, equipment and techniques.

Deep Water Aqua Tabata (60 minutes) This is a HITT (High Intensity Interval Training) in the water. Participants use maximal effort for 20 seconds and recover for 10 seconds for 8 rounds of work. Suspension and weights are also used in this class (or not).

Drum Fitness (60 minutes) Can't carry a tune or stay on beat for the life of you? No worries! All you need to stay on task in this class is a bit of coordination and lots of concentration. An instructor will help you find the right rhythm while you beat on a stability ball. Come join the smiles, sweat, and laughter while toning your arms, core, and getting a great cardio workout.

Extreme Cut (60 minutes) This is an advanced class that involves using barbells and weights to achieve the ultimate resistance training workout. Come ready to get STRONG! We focus on gaining strength through classic weight principles.

Rip N Ride (60 minutes) A fast, full body workout that combines a 30 minute cycling class with 30 minutes of weight training.

Senior Stretch (60 minutes) The buoyancy and resistance property of water can help decrease pain, stiffness, and help improve joint flexibility through stretching.

Senior Yoga (45 minutes) This class will move your whole body through a complete series of seated, standing, and floor yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

Silver Sneakers/Splash (60 minutes) Based upon the idea of "fitness, fun, and friends," this class incorporates fun, social programming with an exercise program that enhances independent living skills. This low-impact fitness class is held in both the pool and aerobics room.

Spinning/Cycling (60 minutes) Indoor group cycling on specifically-designed fixed-gear bicycles. Participants control their own intensity level, which makes group cycling great for people of all fitness levels.

Step and Tone (60 minutes) This class is a mixture of basic step aerobics and strength training without resistance equipment. If you like to move and want a total body workout, this is for you!

Yin Yoga (60minutes) Yin Yoga is composed of seated and lying down poses with an emphasis on relaxing the muscles, stretching the connective tissue around the joints and encouraging mental calmness. Poses are held anywhere from 1-4 minutes. This class will leave you feeling rejuvenated.

Yoga (60 minutes) This class introduces beginner participants to basic yoga postures and helps more advanced participants strengthen, improve balance, increase flexibility and calm the whole person.

Zumba® (60 minutes) This high-energy class incorporates unique dance moves to a fusion of Latin and international music that creates a dynamic and exciting workout. It is a mixture of body-sculpting movements with easy-to-follow dance steps that maximize fat burning and total body toning.

Zumba® Step (60 minutes) A combination of awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only ZUMBA® brings to the dance-floor. Zumba® Step increases cardio and calorie burning, while adding moves that define and sculpt your core and legs.

Strong by Zumba® (60 minutes) Strong by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Come discover what you're really capable of!

La Porte County Family YMCA

La Porte Branch
901 Michigan Ave
La Porte IN, 46350
(219) 325-9622

Michigan City Branch
1202 Spring St., Door K
Michigan City, IN 46360
(219) 221-4055

Long Beach Branch
2501 Oriole Trail
Long Beach, IN 46360
(219) 879-1395

Andrew Ave. Outdoor Education
& Recreation Center
400 Andrew Ave.
La Porte, IN 46350

Childcare & Learning Center
2510 Monroe St.
La Porte, IN 46350
(219) 326-7646



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